

**THE RIDICULOUSLY  
RESILIENT  
GOAL-SETTER**

GOAL SETTING JOURNAL

# INTRODUCTION

Goal setting is one of my favourite things to do. It allows me to focus on the direction I intend to take my life and live my life on my terms, creating a life I love. I feel the surge of excitement mixed in with the nervous energy when I set a new goal because I realise I have to step up, grow and challenge myself in order to achieve them!

I believe that goals are just dreams that have been backed by action and accountability.

**Accountability** focuses on two areas:

1. Being to set a deadline that you are aiming to achieve your goal by.
2. Second is to shout it from the rooftops, tell everyone. Tell your coach, tell your friends, tell your family, heck, even tell your neighbour's dog. That way, when you don't feel like doing it or you get off track, you have someone to hold you accountable and pull your focus back. OK, maybe the dog won't hold you accountable—but tell him anyway.

## Back your goals by action

Firstly, it's about making them measurable, if your goal is to make more money, is that \$5 or \$5000? (because that's a big difference, you need to be specific!) Is that per week, per month, per year or over your lifetime? If your goal is to be happier, ask yourself, 'happier compared to what?'

If you were to rate your happiness out of 10 right now, what's your answer? What do you want it to be? E.g. I feel 5/10 on my happiness scale right now and I want to be an 8/10. I will know I have reached that when I laugh ten times a day, when I smile a lot more, when I have built a positive mindset and I am doing gratitude journals every day. Then it's about deciding your actions, what do you need to do in order to move towards your goal.

Dreaming and therefore goal-setting can be scary, sometimes it feels like our desires are so out of reach. That's half the fun, pushing yourself further than you thought you could go.

*“Shoot for the moon. Even if you miss it you will land among the stars.” — Les Brown.*

The scariest part is “what if I fail?” For that I have a simple rule for failure: I can only fail if I have not learned something or I have not given 100% effort.

The most exciting thing about working towards a goal is not necessarily the achievement itself, but the journey, the actions, the beliefs, and who you become along the way. Challenges are the fastest way to grow, the bigger the goal, the bigger the personal growth.

The process we will go through in this journal is to set 3 massive goals, think of it like Mount Everest, it's huge, it's scary and the thought that goes through your mind is one of excitement but also one that makes you go how the hell am I going to do this?!

Then we break it down, into 10 achievable milestones, they look like base-camps up Mount Everest. These are the big things that you need to achieve to know you are on your way there. Then there will be a weekly check-in, that reflects on what was achieved last week and what you want to do in the coming week.

There is also a major check-in every 3 months to ensure you are on track to achieving your goal.

*“The definition of insanity is doing the same thing over and over again and expecting different results” - Albert Einstein.*

## Start of the journals

- 3 major goals you would like to achieve in the next 12 months.  
Good areas to consider are: relationships, adventure, health, wealth, work or study.
- Write your why for each of them.
  - Why are you doing this?
  - Why is it important that you achieve this goal?
  - How will it change your life?
- How do you know you can do this?
- What do you need to believe about yourself?
  - Write 5-7 affirmations that start with I am...  
I am courageous, I am smart, I am persistent
- What is something that could hold you back from achieving these goals?

## Break down:

Break each goal down into 8-10 milestones.

These should be indicators that you are on track to achieving the massive goal.

Think of your massive goal like summiting Mount Everest, these milestones are like camps on the way up, you know you're on track, you know you're moving forward, but you also know you are going to have to keep pushing.

# WEEKLY

## START OF THE WEEK

3 actions you'd like to complete this week? Intended date.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What milestones are you working towards at the moment?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## END OF THE WEEK

What are 3 wins or things your proud of this week? -give yourself a pat on the back!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are 3 challenges or things that held you back this week?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Do you need to do something differently next week?

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Have you reached any of your milestones this week? -if so how are you going to celebrate?

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## 3 MONTHLY CHECK-INS

How far have you come? (take a moment and look back over what you've achieved!)

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What has changed?

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How have you grown?

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How has your life changed over the last 3 months?

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What are you most proud of?

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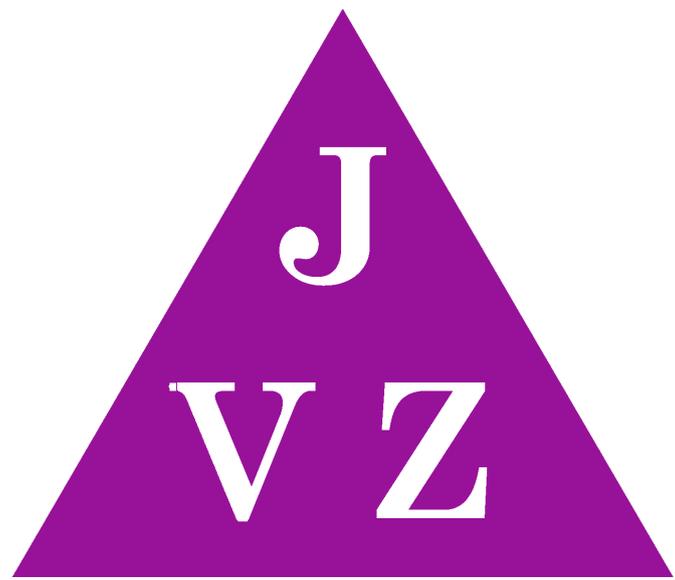
What are all the milestones you've reached?

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**Celebrate!**



*Jess Van Zeil*